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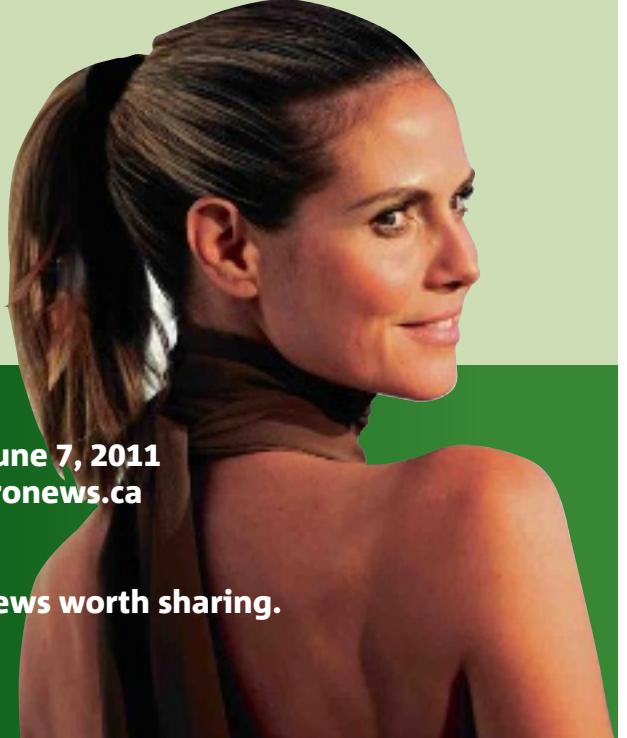
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NUDE KLUM BARES ALL IN NEW CAMPAIGN

{page 8}



WINNIPEG **metro**®

Tuesday, June 7, 2011
www.metronews.ca



News worth sharing.

Sylvia. Steps down



► Sylvia Kuzyk at the CTV studios in downtown Winnipeg.

JAMES TURNER/METRO

Winnipeg's popular anchor to leave CTV

Sylvia Kuzyk, arguably one of Winnipeg's most recognizable faces, is stepping down from her role as weather specialist and anchor for CTV News Winnipeg in the fall. Kuzyk spent 38 years on the air with the local station, garnering numerous awards. See the full story at metronews.ca/winnipeg.

Name atop street won't be cheap: Draft bylaw

► Bylaw offers option to honour 'noteworthy persons' without changing street names

Winnipeggers wanting to pay tribute to fellow citizens through the renaming of streets may soon have a new way to do it without a mess of red tape — but they will have to open their wallets.

City employees will table the results of a draft street-naming bylaw Thursday to politicians on the planning, property and development committee.

They are that proposing people and groups wishing to honour citizens by placing names on distinct signs atop existing street-name signs on a temporary basis (for a maximum of two years) should pay a \$150 application fee and a \$200 per-sign installation fee.

The applicant would also be on the hook for the cost to have the

signs manufactured.

Administrators call the plan "a third option" for people and groups to commemorate aspects of Winnipeg, including notable people, historical features and cultural events.

A sign-topper would be gifted to either the person who paid for it or handed over to the mayor's office when its display time runs out.

The review of current street-naming rules was prompted by a lack of a single standard for how requests from residents, politicians and advocacy groups were handled.

Administrators are also recommending council approve an application fee of \$150 to add a street name to the city's list of reserved street names. ● JAMES TURNER

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news



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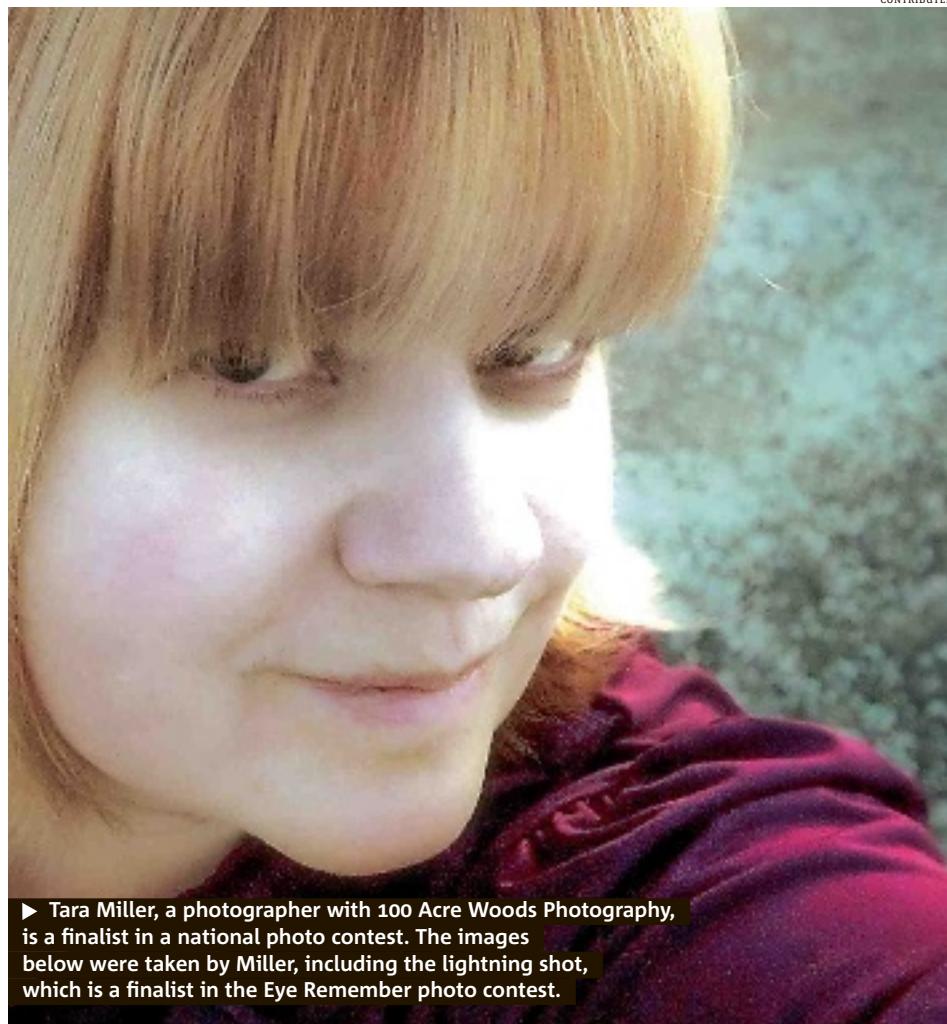
On the web at metronews.ca



Allan Small on what last week's release of disappointing economic numbers means for investors. More at metronews.ca/investing

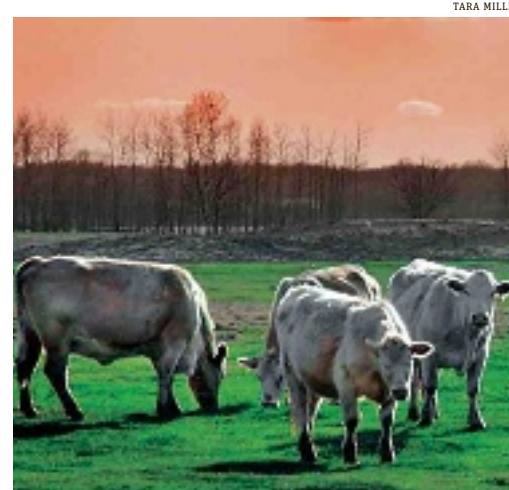
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Blind photographer in running



CONTRIBUTED

► Tara Miller, a photographer with 100 Acre Woods Photography, is a finalist in a national photo contest. The images below were taken by Miller, including the lightning shot, which is a finalist in the Eye Remember photo contest.



Cankerworm control continues today

The City of Winnipeg's cankerworm-control program began yesterday in Elmwood Cemetery and will continue today through the Glenelm neighbourhood.

The program will not continue if there is rain or

wind speeds higher than 20 kilometres per hour today.

The city is using BTK, a biological product sprayed directly onto tree foliage. If left untreated, cankerworms can defoliate a tree very quickly. ■ **ELISHA DACEY**



► Cankerworms defoliate trees.

► **Photographer has no sight in right eye, little sight in left ► Says most clients don't know she has impaired vision until she tells them**



ELISHA DACEY
@METRONEWS.CA

she has a good shot and if it's in focus.

"I shoot only in manual," she said, with the exception of having to rely on automatic focus. She relies on the little vision she does have to frame her shot, then takes the photos she needs to ensure a good result.

Miller said it wasn't until a few years ago, when digital photography technology caught up to what was normally only possible on film, that she was able to pick up an old hobby she gave up after she began to lose her sight as a teenager.

Miller said she works in conjunction with her husband, who is also a photographer, and she tethers her Nikon D300 camera to a 27-inch monitor that she carries around. Blowing up the photographs to 200 per cent, Miller is able to tell if

Miller said she works in conjunction with her husband, who is also a photographer, and she tethers her Nikon D300 camera to a 27-inch monitor that she carries around. Blowing up the photographs to 200 per cent, Miller is able to tell if

Now one of her photos is a finalist in the Eye Remember photo contest, sponsored by the Canadian National Institute for the Blind.

The photo, of a lighting storm approaching Winnipeg over a sunflower field, is one of five finalists in the contest. If she wins, she gets to go on a trip to a scenic spot in Canada, like Jasper or Niagara Falls.

"I told my friends and family, if they go online and vote for me and I win, I'll take lots of pictures."

Vote for Miller at eyeremember.ca.

TARA MILLER

TARA MILLER

TARA MILLER

TARA MILLER

TARA MILLER

TARA MILLER

Assessment notices mailed

News in brief

Mayor Katz to visit Israel

TRIP. Mayor Sam Katz will be heading to Israel next week to take part in the 27th Israel International Mayor's Conference in Tel Aviv alongside mayors from around the world.

■ **ELISHA DACEY**

LEGISLATION. Property owners in Winnipeg will get a general assessment every two years thanks to new provincial legislation.

The average assessed price of Winnipeg homes has gone up 13 percentage points.

■ **ELISHA DACEY**

Man faces charges after foiled theft

A young Winnipeg man is behind bars today facing extortion, intimidation, kidnapping and other serious charges after a dispute over a car stereo turned ugly.

Police allege the 18-year-old man hatched a foiled plot to steal a car stereo with the help of two teens named as victims in the case.

When the victims rebuffed the plot, the man stole the stereo anyway and became furious when the theft was reported to authorities, police allege.

The stereo was ultimately returned, but the man became angry about being ratted out, said Const. Jason Michalyshen.

The dispute escalated to the point that the man allegedly tried to kidnap one of the teens by violently forcing him into a vehicle.

The intimidation and threats carried on for a week before an arrest was

"It appears it was ongoing and causing a lot of stress on our victims."

CONST. JASON MICHALYSHEN

made Thursday at a North Kildonan home, police said.

Investigators seized a Taser stun gun and a small amount of stolen property in the raid, documents said.

The man and his victims are known to each other, said Michalyshen, who added the boys were shaken up by the incidents.

The case appears unrelated to gang activity, said Michalyshen.

A trial is also pending for the man after he allegedly zapped one of the victims with one of two Tasers recovered by police at a house party on New Year's Day. ● JAMES TURNER

ACQUITTED OF MANSLAUGHTER

McNabb should do time, says prosecutor

The man cleared of criminal wrongdoing in the death of a Chilean immigrant should serve a three-year prison term for attempting to rob the victim while he was out cold on the pavement, a Manitoba prosecutor said yesterday.

Joseph McNabb, 29, was recently acquitted of manslaughter but found guilty of attempted robbery after pushing Evaristo Caniuman in a dispute at Sargent Avenue and Young Street in April 2009.

Defence lawyers told Justice Kenneth Hanssen McNabb should be given time served with double credit for remand custody.

Hanssen will give his decision Friday afternoon.

● JAMES TURNER

Big bucks will make Birds Hill even better

- Province's busiest campground sees 730,000 visitors every year
- Development plans will take five years



ELISHA DACEY
@METRONEWS.CA

The province is injecting \$22 million into Winnipeg's favourite campground.

Birds Hill Provincial Park will see a major makeover during the next few seasons, including more camping spots and better bathrooms.

"Birds Hill Park is a great getaway for families to easily escape the city for a day or two," said Premier Greg Selinger.

"We know how much Manitobans love getting outdoors to relax and enjoy our fantastic summers, and these improvements will allow more families to have an even better experience at the park."

The announced funding makes up the largest single park investment in the provincial government's plan to pump \$100 million into Manitoba provincial parks.

The plan, said Selinger, will address some of the areas of heaviest demand on the park, which is about 12 kilometres north of the perimeter, making it a favourite for Winnipeg families due to its proximity to



► Manitoba Premier Greg Selinger and Carolyn Basha of the Winnipeg Folk Festival speak to reporters at Birds Hill Provincial Park yesterday.

the city.

The first project will be beach expansion, said Conservation Minister Bill Blaikie, adding plans for the expansion will be made in consultation with the public.

Improvements

- 100 more fully serviced campsites.
- Expanding the existing lake and beach area.
- New concessions and play areas, new beach

volleyball and tennis courts, more picnic tables and pathway connections.

- New washrooms.
- A new visitor centre.
- Upgrading roadways and buildings.

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JONATHAN HAYWARD/THE CANADIAN PRESS
► A lion statue wearing a Canucks' jersey at the entrance to the Lions Gate Bridge in Vancouver.

APPETITE OF A LION FOR JERSEYS

 **JEFF HODSON**
@METRONEWS.CA

Everywhere you go in Vancouver and its suburbs these days you are beset by fans in Canucks jerseys.

Aside from tickets, home-team jerseys are far and away the hottest item in Vancouver right now. There are lineups to get into the two Canucks-owned stores. Giant blue jerseys even hang from the twin granite lions guarding the approach to

HOME ICE ADVANTAGE



Lions Gate Bridge — or they did.

West Vancouver police issued a news release yesterday about the arrest of a 17-year-old girl and two men in their 20s for allegedly stripping one of the lions and absconding with the giant Canucks sweater in their car.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

Familiar federal budget

- Mostly reprises Tories' pre-election financial plan
- No details on \$4B in promised annual spending cuts

Armed with a majority mandate, Prime Minister Stephen Harper is forging ahead with a 2011-12 budget larded with low-cost boutique tax breaks, modest pension help for the poorest seniors, and a vow to slay the deficit within four years.

New to the spending blueprint is \$2.2 billion for Quebec as an inducement to finalize full harmonization of the provincial sales tax with the federal GST.

The budget will also phase out the \$2-per-vote public subsidy received by all federal political parties.

All the moves were repeatedly linked to the majority mandate the Conservatives won May 2, when 39.6 per cent of voters delivered them 166 seats in the House of Com-



► Minister of Finance Jim Flaherty answers questions in the House of Commons after delivering the federal budget on Parliament Hill in Ottawa yesterday.

mons.

Opposition Leader Jack Layton complained that the Conservatives were not being transparent about where their proposed cuts in federal spending would

come from.

Finance Minister Jim Flaherty said some programs "will not continue."

Total federal spending will total \$281.4 billion this fiscal year. **THE CANADIAN PRESS**

Budget tweets



Not much love for the refashioned budget.

- @michaelshapcott "What's new in federal budget 2011 on long overdue national housing plan? Absolutely nothing..."
- @nepeancarlton "I'm a proud political geek but this budget thing is SUCH a snore. No change fr govt or opposition. Is Oprah on?"
- @lindsayfg "Having deja vu. Didn't I just watch something about #bgt41 a few months ago..."
- @stephen_taylor "Breaking news: @elizabethmay won't support the budget. #whatev"



For more budget news and reaction, go to [metronews.ca](#)

PM makes first visit to Quebec flood zone

Prime Minister Stephen Harper finally arrived in Quebec's flood zone — and, while he didn't bring his hip waders, he did come carrying a few funding announcements.

The prime minister completed a helicopter tour yesterday over the disaster area where 3,000 homes have been flooded and hundreds have been forced from their houses.

He took a walking tour to visit flood installations, chatted with area residents, and met with local officials.

"It's obvious the damage is considerable," Harper told a news conference.

He announced several initiatives — including financial help for Quebec's disaster response and funding for its flood-mitigation program.

Harper had been criticized for failing to visit during the region's seven-week ordeal and for his government's refusal to let the army stick around to help with the cleanup.

Visiting ahead of the federal budget announcement, Harper said he didn't want to give the Quebec floods special treatment. Army cleanup assistance was not offered elsewhere, such as in Manitoba.



► Prime Minister Stephen Harper views a flooded area yesterday with Lt.-Col. Simon Bernar in the town of Venise-en-Quebec.

"The people of Montérégie can rest assured that our government is working closely with the province and affected communities to keep them safe and to help them rebuild their communities and lives," Harper said in a statement.

Wearing a blazer and slacks, Harper was dressed for meetings with officials — not for sloshing through flood waters as other high-profile visitors have done.

Harper's helicopter tour allowed him to get an overview of the damage. In some areas, dozens of rows of streets remain submerged. **THE CANADIAN PRESS**

Assistance

- Federal help announced yesterday will include funding 50 per cent — or \$2 million — of the province's existing \$4-million flood-mitigation plan for the region.
- The prime minister also announced plans for a national disaster-mitigation strategy.
- Federal and provincial ministers and civil servants will meet to discuss raising homes in flood zones to new heights, insurance programs and burying electrical cables.

Dog-attack threat used in robbery

Halifax police are looking for two men after a dog was used in a robbery on Sunday night.

The two made off with a small sum of money.

There were no injuries and everyone had left the area before police arrived.

THE CANADIAN PRESS

Bull rushes free, shot dead by police

A bull heading for a slaughterhouse in Prince Edward Island made a failed bid for freedom yesterday before being felled by police gunshots.

Officers said the 635-kilogram bull broke free

from his owners while being unloaded at an abattoir in Summerside.

It ran loose within the city for approximately an hour and 40 minutes, police said

THE CANADIAN PRESS

Alberta PCs shrug off accusations

Alberta's health minister dismissed allegations yesterday that his caucus colleagues have let friends and cronies jump the queue to get faster surgery.

Gene Zwozdesky was responding to a recent speech by the former head of Alberta Health Services.

Stephen Duckett said he shut down a back-channel system that favoured friends of some government legislature members. **THE CANADIAN PRESS**

BREW BLOCK

**Molson,
NHL to
appeal**

Molson Coors Canada and the National Hockey League plan to appeal an Ontario court ruling that would block what has been called the most lucrative sponsorship deal in the league's history.

Meanwhile, the Denver-based brewer said it's committed to advanc-

ing the \$375-million deal with the NHL despite what it called a "surprise" ruling last Friday. Judge Frank Newbould of the Ontario Supreme Court upheld a claim by rival brewer Labatt that the NHL reneged on a deal it had in place when it signed with Molson Coors.

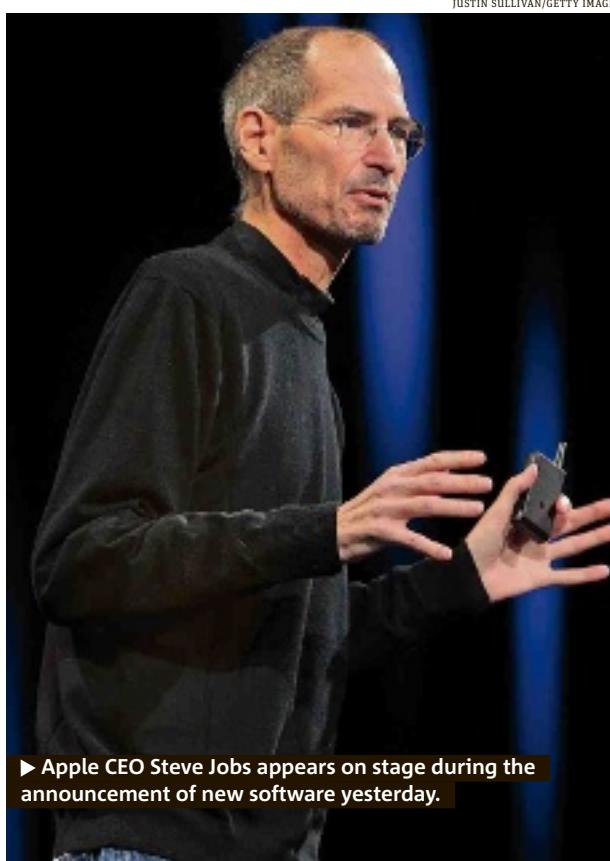
In a news release yesterday, Molson Coors CEO Dave Perkson said the company was disappointed, "given we entered into negotiations with the NHL in good faith." **THE CANADIAN PRESS**

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			\$4.827 (+ 12¢)
- 199.25 (13,318.66)	- 0.26¢ (101.96¢ US)	- \$1.21 US (\$99.01 US)	Gold contract \$1,547.20 (+ \$4.80)

PRICES AS OF 5 P.M. YESTERDAY

Apple gets more in sync



JUSTIN SULLIVAN/GETTY IMAGES

► Apple CEO Steve Jobs appears on stage during the announcement of new software yesterday.

► **New system allows users to zoom in using fingers on the trackpad**

Apple CEO Steve Jobs introduced his company's latest, highly anticipated project, the iCloud, yesterday at Apple's Worldwide Developers Conference in San Francisco.

The free service automatically synchronizes music, documents, photos, mail, calendar, contacts, apps and iBooks, and backs up content — all via Apple's servers. It will be available this fall.

"We're going to move the centre of your digital life into the cloud," Jobs said. "If I get something on my iPhone, those pictures are in the cloud and they are now pushed down to my devices completely automatically. And now everything's in sync without me even having to think about it."

Instant buzz

► RIM's BlackBerry Messenger is getting new competition after Apple revealed plans for iMessage.

► The instant chat app will let Apple users exchange texts, pics and videos, just as BlackBerry users do with the popular BBM program.

THE CANADIAN PRESS

The company also introduced an operating system, dubbed Lion, which has 250 features and will be available in July. Meanwhile, the company's new iOS will allow users to sync devices via Wi-Fi and it will debut this fall.

SAM CASTONE, METRO WORLD NEWS

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The Metro Life Panel wants to know what are your Top 10 Memorable Moments with Dad?

Results will be published in the Father's Day Special Feature in Metro on June 16.

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Survey will be emailed to panelists on June 9.

**metro
life panel**

GOING THE DISTANCE JUST NOT WORTH IT

SHE SAYS ...

JESSICA NAPIER
METRO



Throughout my dating history, I have tried and failed at two long-distance relationships. As a result of these short-lived and relatively miserable love affairs, I would recommend that you never, ever try dating that involves a commute.

My first attempt was a trans-Canada romance that happened long before the days of Skype and face-time video chatting. Back in 2004 BF (Before Facebook), our cross-country correspondence involved carefully scheduled phone dates, emailed JPEGs and even the occasional handwritten letter.

Over the course of a year, the physical separation created an emotional distance between us and our once-optimistic relationship degenerated into a series of teary airport goodbyes and melancholy "I'll miss you" moments. The romance fizzled; after not seeing each other for months at a time, the only thing giving me heart palpitations was my phone bill.

Never again, I swore. Until, of course, I decided to try it again. A little more than a year later, I started long-distance dating on a much smaller scale. He was just outside of the city, a quick two-hour car ride would be fine, I thought; we'd see each other all the time.

We didn't. This time, it was the age-old Country Mouse, City Mouse problem. He would always favour fresh air over bright lights and nothing would make me relocate from my beloved downtown.

And, so, we parted ways, and I swore (for real this time) to never, ever date outside of my postal code. With each failed relationship I came to realize that the more you concern yourself with long-distance rates and gas prices, the less time you spend nurturing a meaningful connection with your mate.

Even if you can handle the lack of physical intimacy, turbulent emotions and financial strain, being apart for weeks or months at a time takes an enormous amount of trust. Anytime your partner doesn't answer the phone you'll wonder where they are, but more importantly, who they're with. Monogamy isn't dependent on geography but being in the same general vicinity and seeing each other on a regular basis certainly helps curb those jealous tendencies.

So, what are we to believe — is it out of sight, out of mind, or can absence truly make the heart grow fonder?

If you've beaten the odds and are in a successful, fulfilling long-distance relationship, then congratulations. But it's important to remember that mythical long-distance couples who make it work are always the exception, never the rule.

Read more of Jessica Napier's columns at metronews.ca/shesays



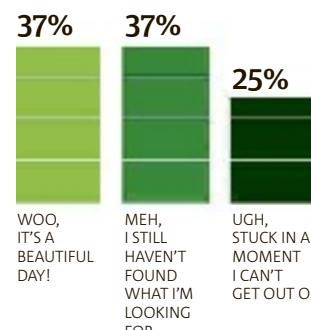
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Register at
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and take the quick poll

How would you feel if you picked up a hitchhiker and it turned out to be Bono?



Local tweets



- **@VOGEL-SANGSAYS:** Sylvia: For the record, I retired first. Love your friend Steve Vogelsang #Winnipeg
- **@Sushi1314:** Go to the library. Get dinged with a parking ticket. Thanks Winnipeg :)
- **@mariaShokpeka:** Beautiful day in Winnipeg today. I wouldn't know; I've been in my room all day, but I've been told about it.
- **@TheAlMcLean:** It's one of the nicest days so far this year, yet I couldn't resist wearing my hockey jersey.
- **@SusDharmasiri:** Hey Winnipeg transit, the new bus's are nice and all but how about making them actually run on time?! That would be even better, thanks

Worth mentioning

LOS ANGELES. An international mission will chart the saltiness of the ocean — from outer space.

An Argentine-built spacecraft carrying instruments from the United States and other nations is set to launch Thursday from the Vandenberg Air Force Base along the central California coast aboard a Delta 2 rocket.

The craft will circle 657 kilometres above the Earth and will use a NASA-built instrument to map weekly changes in the levels of brine in the sea. NASA's Aquarius instrument is so sensitive that it can detect changes down to a dash of salt in a gallon of water.

Nearly three-quarters of the Earth's surface is covered by water, which contains about 3.5 per cent salt. Though the amount of salt in the world's oceans remains mostly unchanged, the brine concentration in the topmost layer varies around the globe.

Understanding how brackish the sea surface is will help researchers better predict future climate change and short-term climate phenomena such as El Niño and its alter ego La Niña.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

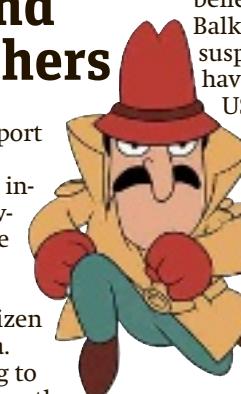


WEIRD NEWS

Cops continue to confound Pink Panthers

Montenegrin police report they have arrested an alleged member of the international gang of jewel thieves known as the Pink Panthers.

Police identified the man as Igor Jocic, a citizen of neighbouring Serbia. They said he was trying to cross the border between the



two Balkan states. They did not specify the alleged crime he has committed.

The members of the gang are believed by Interpol to be from Balkan countries. They are the prime suspects in a series of thefts that have netted more than \$175 million US of jewels and watches over the past decade in Europe, Asia and the Persian Gulf.

International police have said more than 25 arrests have been made in recent years and 400 people are being investigated.

The Pink Panther gang is named after the 1963 movie starring Peter Sellers as the bumbling Insp. Clouseau.

THE ASSOCIATED PRESS

Simple Plan mixes it up with big guest stars

► Montreal band does songs with Natasha Bedingfield, Rivers Cuomo and K'Naan on its new album *Get Your Heart On!* ► Band seeks to return to its roots after flirting with electronica

 **KAREN BLISS**
SCENE@METRONEWS.CA

Montreal's Simple Plan is one of Canada's biggest bands of the 21st century, with sales in excess of seven million albums worldwide.

The newest, *Get Your Heart On!* (out June 21), is filled with the trademark anthemic choruses that made it so popular out of the gate.

On the band's 2008 self-titled album, frontman Pierre Bouvier, drummer Chuck Comeau, guitarists Jeff Stinco and Sébastien Lefebvre, and bassist David Desrosiers did veer away from the straight-up pop-rock thing just a bit with electronic programming. This time they're back to the purity of 2002's *No Pads, No Helmets ... Just Balls*, and 2004's *Still Not Getting Any...*

But, they didn't just go back to the same old formula. Simple Plan invited some special guests to sing on the album — K'Naan on *Summer Paradise*, Rivers Cuomo of Weezer on *Can't Keep My Hands Off You*, and



► Simple Plan are set to release a new album, *Get Your Heart On!*, June 21.

Natasha Bedingfield on the first single, *Jet Lag*.

"It's the first time we've had a female guest vocal," says Bouvier during an interview. "Well, it's more like a duet. There's so many parts for the girl."

Of the K'Naan appearance, Bouvier says the rapper was in Los Angeles at the same time Simple Plan was recording and popped into the studio for the day.

"It was a little guitar

thing and we called him up and said, 'We want you to rap on that part.' All I said was, 'Can you end it with 'and I'll be there in a heartbeat?'"

Cuomo was a major coup. Bouvier and Comeau, the band's main songwriters, collaborated with many outside writers for *Get Your Heart On!* and one of those people was the Weezer frontman.

"He's a really shy per-

son and very introverted person," Bouvier says. "Love the guy, super nice, but I'd say a little bit awkward and he'd probably even say it himself."

"We've met some people who have co-written with him and we said, 'Yeah, he's singing on our song,' and they say, 'He's singing on your song?' He must've really liked you guys because he doesn't do that a lot."

DVD Releases this week Buy it  | Rent it  | Borrow it  | Yawn  | Don't bother 

Coen's stay True to tale

True Grit
Genre: Western
Directors: Ethan Coen, Joel Coen
Stars: Jeff Bridges, Matt Damon and Hailee Steinfeld 

When Joel and Ethan Coen announced they were filming *True Grit*, word was it would be different from the 1969 Henry Hathaway oater that won John Wayne his Oscar for Best Actor.

That's partially true and



mainly to the good. The Coens are amazingly loyal to the dialogue and plot of Charles Portis's wry and wondrous source novel, and they place more emphasis on 14-year-old avenger Mattie Ross than they do on flinty deputy marshal Rooster Cogburn.

They deliver a film of far superior technical brilliance to Hathaway's, and their casting choices range from smart (Jeff Bridges as the one-eyed Cogburn, Matt Damon as Texas Ranger LaBoeuf) to pure genius (newcomer Hailee Steinfeld as Mattie). *True Grit* is also one of the least "Coenesque" of the brothers' films. You look in vain for much evidence of their wicked humour.

Extras include several making-of featurettes plus insights from the cast and crew. • PETER HOWELL

Just Go With It
Genre: Comedy
Director: Dennis Dugan
Stars: Adam Sandler, Jennifer Aniston and Brooklyn Decker 

Remember the last really funny Adam Sandler comedy? I'm struggling to recall it — *The Wedding Singer*, anyone? — and it's abundantly clear that Sandler is caught in his own memory gap. As he wrestles with an uncomfortable middle age, he's either forgotten or ceased to



care about how to make people laugh. Take *Just Go With It* (please!), the latest noxious emission from his Happy Madison gas factory. It's a movie so lazily constructed, it risks offending the indolent. • PETER HOWELL



Scene in brief



The cast of MTV's *Jersey Shore* will return to New Jersey to tape the fifth season of the reality series after the cast says ciao to Italy.

MTV's parent company, Viacom, has announced that production will begin in Seaside Heights sometime in June.

The fourth season, which was taped in Florence, Italy, is scheduled to premiere Aug. 4.

Italian police recently revoked Nicole "Snooki" Polizzi's international driver's license after the *Jersey Shore* star was in a fender-bender with a police car. Two policemen were slightly injured.

THE ASSOCIATED PRESS



Supreme Court turns away actor Wesley Snipes' appeal of conviction of tax charges.
Scan code for story.

Sheen and baby mama make deal

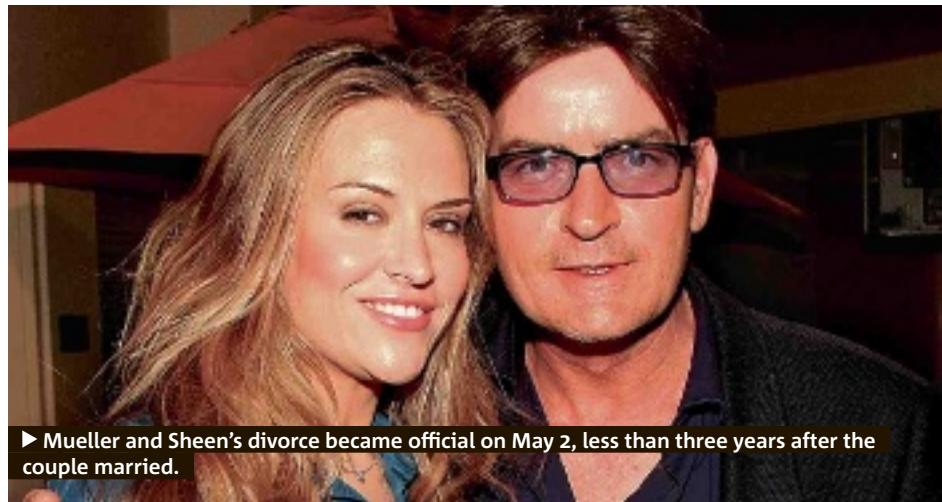
► Brooke Mueller and Charlie Sheen reportedly reach agreement over custody of twins after long-standing fued ► Details remain under wraps

After months of bitter negotiations, Charlie Sheen and ex-wife Brooke Mueller have reportedly reached an agreement for custody of their twin sons, Bob and Max, according to Us Weekly.

The two are said to be "satisfied" with the new terms, which weren't disclosed.

The agreement brings a civil end to a custody battle that involved the boys being removed from Sheen's home by authorities in March.

• METRO



Celebrity tweets



"In soggy London today. Was planning a walk around Hyde Park, might get some sleep instead."
@russellcrowe



"Bye Spain! Love you! Taking off back to LA!"
@ParisHilton



"I love reese witherspoon sooooo much!!!!"



"All right, who keeps throwing empty beer cans in my pool and erasing my memory?"

Heidi Klum shows off 'the body'

At 38 years old and a mother of four, Heidi Klum still isn't afraid to let it all hang out.

The supermodel reportedly went nude for an ad campaign for the new sea-

son of her series, Project Runway, according to the Hollywood Reporter.

Nancy Dubuc, the head of Project Runway network Lifetime Television, says a nude Klum will help the network convey a new message "brazen, strong, confident and sexy" women.

• METRO



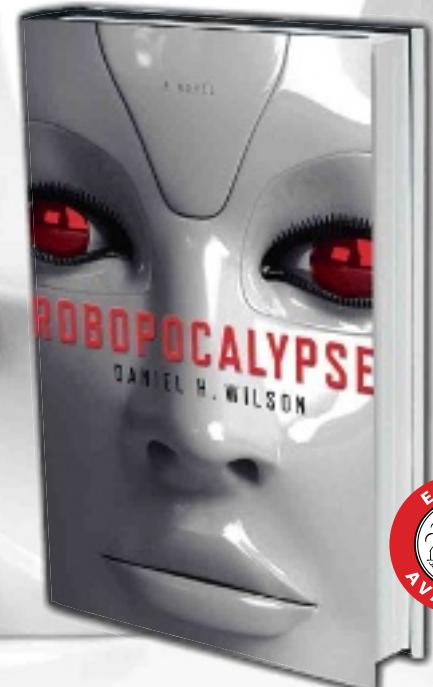
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#robopocalypse



3 life

Flaxseed



Women looking for a natural remedy for a common menopause problem have a disappointment. A study finds that eating flaxseed does not curb hot flashes.

Hormone pills ease hot flashes, but they can raise the risk of breast cancer and are not safe for women who have had that disease. Flaxseed has weak hormonal effects, and doctors thought it might help. Mayo Clinic researchers tested it in 178 women who had at least 28 hot flashes a week. About half previously had breast cancer.

THE ASSOCIATED PRESS

Seeing the blind life

► Jeff Berwick takes Metro through a day in his life as a blind man to raise awareness

 **CElia MILNE**
LIFE@METRONEWS.CA

It's a day in the life of Jeff Berwick.

He's an ordinary guy, married with two kids, commuting two hours each way from Oshawa to Toronto and back.

What's different about Berwick is that he's doing it blind.

"I don't let too many

things get in my way," Berwick tells Metro.

This soft-spoken 38-year-old became blind at 13 when the bone holding his optic nerve didn't grow normally, pinching off his sight.

With the aid of a guide dog and a keen sense of touch and sound, he navigates a complex network of buses, trains and subways to get to his job in customer service at the

I don't let too many things get in my way

JEFF BERWICK

Ontario Medical Association.

Once there, his computer speaks to him and he does his job so seamlessly that sometimes his coworkers forget he's blind.

During time off he does

what other people do: mundane tasks like emptying the dishwasher and more exciting events like attending sports events his kids Spencer, 7, and Asher, 3, are involved in.

"Look at me, Daddy!" Asher will often say, too young to understand his dad can't see him.

Berwick is helping to raise awareness of what it's like to be blind and some of the tools that can

help people with disabilities live normal lives. A short documentary which profiles a day in the life of Berwick is available at: youtube.com/accessible-media

When you open the video, you'll see a shadowy black overlay, which is intended to give you a sense of what it would be like to watch YouTube videos if you had low vision.

Describing television

One of the things Jeff Berwick loves to do, like people who are not blind, is to chill out at the end of the day with his family, watching TV or the latest movie.

He uses a new channel called The Accessible Channel (TACtv), which provides a voice description of what's going on as it happens on the screen.

"Described video is great," says Berwick.

"It allows a blind person to watch a show that is described visually. It's like a whole new world. I don't have to wait to find out why people laughed three seconds ago."

TACtv is produced by non-profit Accessible Media Inc.

Another AMI product is

VoicePrint, which provides blind people with access to leading newspaper and magazine articles that have been read and recorded by volunteer voices. Berwick is happy to help promote AMI.

"We produced this commercial so that people would say, 'you're not as different as I thought.'

CElia MILNE



Study finds hormone-blocking drug reduces risk of breast cancer with fewer side effects

The Mendes mentality

► Eva Mendes tells Metro how she keeps motivated when working out
 ► Gives tips for living a toned life

ROMINA MCGUINNESS
LIFE@METRONEWS.CA

Trust the women with the confidence to let the whole world see her in her underwear to give you some useful body tips. Super toned Eva, star of The Other Guys, lets us in on her daily fitness regime

Why is it good to mix up your exercise routine?

Staying fit is important to me but I like to switch up my routine so that it doesn't get boring. I can't do the same thing every day, so I'll either go to a class, work out with a personal

trainer or I'll work out by myself. I love being outdoors so I go mountain climbing or hiking in Runyon Canyon Park (L.A.) with my dog Hugo. I make sure I cool down and stretch properly after a tough workout.

Do you get upset if you eat a piece of chocolate?

I believe in keeping a healthy, balanced diet. Balance is key I don't believe in denying myself anything and it's no secret I love chocolate. I won't punish myself if one day I indulge and eat something that is less healthy because consider that overall my diet is healthy.



► Mama said knock you out

I eat a lot of fruit and vegetables and I try to always have some around for a snack in case I get hungry. I also love grilled fish, es-

pecially salmon.

Do you use meditation?

I try and find the time to meditate every morning

to make sure I am centered and focused for the rest of the day. At night once I've taken off my make up I like to give

myself some time to relax and reflect on the day before going to bed.

How do you stay motivated?

Like most women, I don't always love working out. It can be really easy for me to make excuses at the end of a long day or when the alarm goes off. It's not difficult for me to talk myself out of exercising. So then I tell myself it's something that I have to do if I want to feel good about myself.

Do you feel bad when you don't work out?

Exercising really helps me stay fit mentally and physically. When I don't do it, I can feel the negative effects both mental and physical. Exercise is a stress release for me as well.

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A case for ADHD drugs

► A new study indicating a rise in ADHD may have you wondering ► Dr. Vicki Panaccione, child psychologist and author of *What Kids Would Tell You...If Only You'd Ask!*, gives her take on how to help them

DR. VICKI PANACCIONE
CHILD PSYCHOLOGIST

Kids experience a lot of problems with ADHD... some inadvertently caused by their parents. Don't get me wrong, these are well-meaning parents. These are the ones who come into my office and immediately let me know in no uncertain terms, "I'm not putting my kid on drugs." You can't blame them — it seems every few months, a new study comes out about medication and its dangers or benefits or shortages.

I don't prescribe medication. But what I will do is thoroughly evaluate a child to determine if he, in fact, has ADHD. And, if he does... then, the parents and I need to talk.

As a child psychologist, it's my job to make the best recommendations I can. Then, it's the parents' job to decide to follow them or not. What I have found in



► Could medication help your child?

argue with that? No! Why? Because it can be measured. You can take a blood test and see exactly what the insulin level is and then compare that to what it should be.

Then why are parents still so resistant? For several reasons. First off, ADHD isn't always understood for what it is: a chemical imbalance. Secondly, one of the problems with ADHD is that there is no blood test, chemical test or actual test of any kind!

Here's an analogy: You find out your child needs glasses. There is no blood test and the eye tests are all subjective. But, you might decide that you really don't want to have to put glasses on your child's face, so you look for other alternatives. I guess we could sit your child really close to the board, give him LARGE PRINT books and have someone walk with her. Or, we could put glasses on her face.

Peasant Cookery serves up rich variety of French dishes



► Menu boasts Foie Gras & Poutine

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA



"This reminds me of France!" my friend exclaims as we walk into the spacious

Peasant Cookery. I've never been to France but I take her word for it and decide that I like this warm, light-filled room.

A menu with Foie Gras and Chicken Liver Terrine, Poutine, Corned Beef Sandwiches and Mussels makes choosing just one dish a difficult decision.

The Biscuits and Gravy (\$8.99) sounds like great

comfort food. Two small buttermilk biscuits are covered with rich gravy and chicken confit. A side salad instead of fries (\$3) balances the guilt of the flaky biscuits and gravy.

The service at Peasant Cookery is very attentive and friendly. So much so that I trust our server when she says we can't pass up the homemade Profiteroles (\$6.99) and Chocolate Pot au Crème (\$6.99). We were in good hands and she was right.

► Peasant Cookery
100-283 Bannatyne Ave.
989-7700
Social lunch: Yes
Price range: \$6.99 - \$16.99
Rating: 4 out of 5

before serving and serve over ice.
THE CANADIAN PRESS/
WATERMELON.ORG

Ingredients:

- 1 l (4 cups) watermelon puree
- 500 ml (2 cups) pomegranate juice
- 1 l (4 cups) prepared and chilled strong green tea
- 250 ml (1 cup) white grape juice
- Ice, for serving

Watermelon Green Tea



A taste of Tuscany

This scrumptious chicken pasta dish is so quick to make that it will be a welcome supper for busy cooks.

Preparation:

1 In large non-stick skillet, heat half of the oil. Brown the chicken strips well on all sides over medium-high heat. Remove the chicken and keep it warm.

2 Heat the remaining oil in the same skillet. Add shallot and cook for 2 minutes. Stir in the balsamic vinegar, soup, water, sun-dried tomatoes and rosemary. Return the chicken to the skillet. Bring to boil. Reduce the heat and simmer for 5 minutes or until the chicken is no longer pink inside, stirring occasionally.

3 In a serving bowl, combine chicken gently with penne and sprinkle with Parmesan cheese.



Ingredients:

- 2 tbsp (30 mL) olive oil
- 1 lb (500 g) boneless, skinless chicken breasts, cut into strips
- 1 shallot, finely chopped
- 3 tbsp (45 mL) balsamic vinegar
- 1 can condensed cream of chicken soup
- 3/4 cup (175 mL) water
- 1/4 cup (60 mL) thinly sliced sun-dried tomatoes
- 1 tbsp (15 mL) chopped fresh rosemary leaves
- 4 cups (1 L) hot cooked penne pasta prepared without salt
- 3 tbsp (45 mL) grated Parmesan cheese



Casting closes June 22, 2011. Must be Canadian resident over the age of 19 to enter, excluding network or producer employees. One entry per person. No purchase necessary. Odds of being selected for show depend on number of eligible entries received. 1 Grand Prize of \$100,000 available to be won. FOOD NETWORK is a trademark of Television Food Network G.P., used with permission.



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NATHAN
DETROIT'S
Sandwich Pad

TRY TO AVOID DRAMA

I have a dilemma. I broke up with my now ex-girlfriend about six months ago. We still see each other every once in a while because we share some of the same friends. I have no feelings towards her, but one of her best friends has started to flirt with me ... and I like it. How wrong is it to go out with my ex's best friend? Confused.

Claire: Dear confused-doesn't-even-begin-to-cover-it,

Ack. Couldn't you have asked a simple question, about the death penalty, or euthanasia or something?

Here's the simple answer: date her, and things will get complicated. Don't date her, and you'll keep it as simple as you make things sound right now.

We've all been there, but most of us left as fast as we could: we've all liked and been liked by someone we shouldn't.

Stay away from that group of friends until you meet another girl you find fabulous. Your ex likely

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

still misses you and will be doubly heartbroken if you not only dumped her but then decide to take up with her best friend.

As for her best friend, she'd likely lose a lot of their mutual friends. Run. Now.

Andrea: Dear Gossip Girl cast member,

It's totally normal to be attracted to your ex's friends.

You likely all share similar interests, and there may be some qualities you admire in BFF that you also admired in your ex.

However, what's the likelihood that BFF also

shares some of the same faults that made you break up in the first place?

You don't want to be a man-whore and create all this drama in the group for nothing — it gives new meaning to "keeping it in the family."

Are you interested because she's easily accessible, or because you truly like her? If it's the first, then you need to weigh your needs as a male against the needs of the group to stick together.

My suggestion: if you haven't dated anyone since your ex, go out and find some fresh meat.

It'll help you scratch the itch and give you some perspective.

If at this point you're still convinced that her BFF is your next GF, then go for it, but this doesn't mean you can make out in front of your ex.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.



FINDING LOVE AFTER A TIME OF SADNESS

Names:
Elben, 23, and Tara, 26

Hometown:
Vancouver

Together since:
2010

Their story:

It was the end of January 2010, and my father had just entered hospice after a very short and devastating battle with brain cancer.

He passed away a few days later.

As I (Tara) was walking back into his room to say my final goodbye, I crossed paths with my father's nurse, who was walking out.

He asked how I was, and I quickly found myself confiding in this stranger. I was instantly drawn to him. We chatted briefly and then parted ways. I found myself still thinking about him days afterwards, so I decided to look him up on Facebook.

I tried Alvin, Elvin, Alben, until I finally got his

name right (Elben) and sent him a message.

We have been inseparable ever since. I haven't had this much fun in a long time. Elben helped me get through what would have been one of the toughest years of my life with lots of love and support.

We have been living together for a while now, and every day is a laughing riot! I feel as though I traded one sweet angel for another.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

BOOK REVIEW

TITLE: LA SEDUCTION: HOW THE FRENCH PLAY THE GAME OF LIFE
AUTHOR: ELAINE SCIOLINO
PUBLISHER: TIMES BOOKS

One Saturday afternoon in Paris, a New York Times correspondent was baking cookies in her running clothes and ran out of butter.

Dashing to a convenience store, she ran into a

Seduction is 'essence of life' for the French

French foreign ministry official who invited her for coffee — rumpled appearance and all.

The official pointed out that her street, the impossibly stylish rue du Bac "is not the Upper West Side" of New York, where it might be acceptable to traipse about in sweats.

The American shot back that this was her neighbourhood and she should

be able to wear whatever she wants.

"You can," he replied, "but you shouldn't."

In France, you see, dressing sloppily is not only an insult to yourself but also to anyone and everyone you interact with.

Times Paris correspondent Elaine Sciolino's *La Seduction* is crammed with such anecdotes, illustrating how the secrets and sub-

tleties of seduction drive all aspects of French life — from food to social faux pas, fashion to foreign policy.

She explains, however, that French seduction is not simply sexual: "The excitement comes less from gratification than desire."

The verb "seduce" has a softer connotation in France — indeed the rather sinister sounding diplomati-

c term "operation seduction" translates to "charm offensive."

Still, a writer tells Sciolino that seduction is like breathing for the French, and Alain Baraton, gardener at the palace of Versailles, calls it "the essence of life."

Yes, the book will make you want to fly to France to sip champagne — maybe even find some stranger to

seduce — among the wondrous gardens of Versailles; to stroll past the Eiffel Tower and its carefully layered paint job so that its colour appears uniform in any light; or attend a power dinner party where risotto with scallops is the first course and the conversation is at once head-swimmingly sophisticated and seemingly effortless.

THE ASSOCIATED PRESS

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TO LEASE OR BUY

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

In the market for a new car? Weighing the pros and cons of leasing vs. buying? According to LeaseGuide.com if you plan to drive a vehicle for more than six years, buying is often more affordable in the long term. However, monthly lease payments are much cheaper than financing payments. When you buy a car, you own it forever. Leasing is like renting and you don't own the car; rather, you pay to use it for a specific period of time.

When that time is up, you can buy the car or walk away from it. Lease payments are 30 to 60 per cent cheaper than financing payments as you aren't paying off the car; you're covering the cost of depreciation.

Leasing can work better when you need a car, but can't afford the down payment and/or monthly payments or if you don't want your cash tied up in costly car payments. If you're a business owner, lease payments can be written off (tax deductible). But when you lease a car, you're allowed to drive a certain amount of kilometres each year. If you go over this amount, you can be charged rates/penalties. Typically leasing works best for those wanting to: make low payments; drive a new car every few years; not worry about maintenance costs; drive a predictable amount; handle regular light maintenance; and not build equity in a depreciating asset.

Buying works best for those wanting: low long-term costs of driving; to drive their car for a long time; to manage maintenance and repair services; unlimited kilometres; to build equity; the freedom to buy or sell whenever.

MERs compensate mutual fund companies for management and research and also pay advisors/salespeople for service and advice. MERs in Canada are generally in the range of one to two per cent higher than comparable funds in the U.S. You have to wonder about that since the majority of Canadian funds actual-

Don't let fees kill your returns
ON MONEYALISON GRIFFITHS
MONEY@METRONEWS.CA

Canadians are increasingly aware of the existence of management expense ratios (MERs) for mutual funds.

The average MER is between 2.25 and 2.5 per cent but much higher for seg funds sold by insurance companies. These fees are deducted off the top of the fund's return so you never actually see the amount.

MERs compensate mutual fund companies for management and research and also pay advisors/salespeople for service and advice.

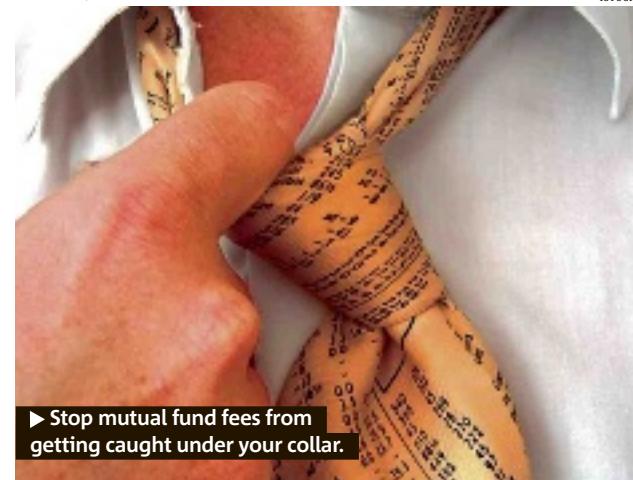
MERs in Canada are generally in the range of one to two per cent higher than comparable funds in the U.S. You have to wonder about that since the majority of Canadian funds actual-

ly beat their benchmark index. Frankly, the lack of interest in mutual fund fees has always puzzled me. Most of us don't feel we're getting much service for the fees we're paying. But do we complain? No.

David Chilton, the author of the Wealthy Barber bestseller, talks about this puzzling ambivalence toward investment fees in his entertaining seminars. He points out that, to most people, a 2.5 per cent fee doesn't sound like much.

For example, if I tell you that an item costs \$100 and fees will add another 2.5 per cent, or a mere \$2.50, you are likely to shrug. In an age when sales taxes add 13 to 15 per cent to the cost of so many goods and services, 2.5 per cent seems cheap.

Everyone agrees when Chilton presents it this way. Then he neatly flips things around by pointing out that if a mutual fund produces an eight per cent return be-



► Stop mutual fund fees from getting caught under your collar.

fore fees are deducted in a given year, the fee portion amounts to a staggering 31 per cent of that return. And

you pay those fees year in and year out, for as long as you hold the fund. Now that's a real growth killer.

Smart investing

Make the most of your mutual fund investments:

- Always ask advisors for lower fee versions of funds they recommend.

- Ask if there are comparable funds with as good or better performance and lower fees.
- Buy no-load funds to eliminate sales commissions (a.k.a. front-end loads and deferred sales charges).

Mall rat realities

- Journalist pens book about what it's like to work in retail
- Eye-opener about the pressure to sell, sell, sell

Freelance journalist and author Caitlin Kelly is perched on a stool in a coffee shop at the Eaton Centre, one of Canada's venerable shopping malls, talking about how her two-year stint working retail in a New York City suburb has altered the way she views the shopping experience.

For example, she can't help appraising the quality of the sales associates. "Are they paying attention, are they helpful, friendly, do they know their stuff? I'm not a manager but I now see it with a more managerial eye because I've been that person, and I know."

Her new book *Malled: My Unintentional Career in Retail* is an eye-opener for anyone who's never experienced the world behind a retailer's cash desk, in the stockroom or on the floor trying to sell, sell, sell, to meet targets set by managers. It's a not-so-glowing portrait of low wages, long hours spent on one's feet and customers who are de-

manding and sometimes downright unpleasant.

On the plus side, she enjoyed chatting with her coworkers, the job got her out of the house, and it provided gas and grocery money to supplement her freelance income after being fired by the New York Daily News. **THE CANADIAN PRESS**

► Author
Caitlin Kelly

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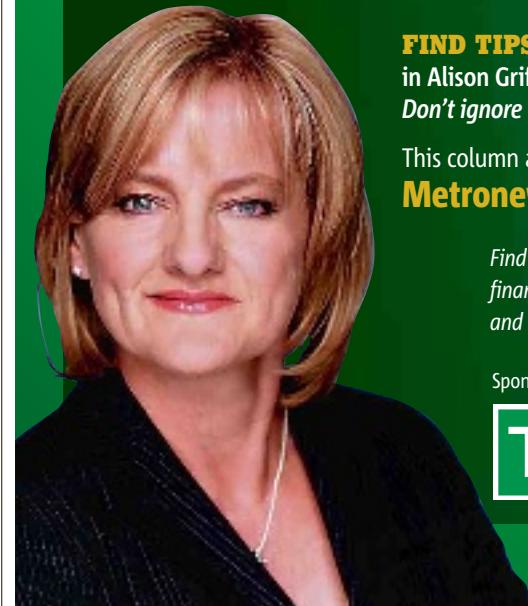
and tell us the page you found this on for a chance to WIN a trip to the L.A. premiere of GREEN LANTERN or passes to the advance screening!

POP QUIZ

uh-oh! You just received a letter from the taxman...now what?

A: I hear there's a place in the Yukon that doubles as a haven for tax refugees

B: Find your paperwork, pay up front and deal with it.



FIND TIPS & TRICKS

in Alison Griffiths' Alison on Money Column:
Don't ignore that envelope from the taxman.

This column and more available at
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"I'm so nervous that I'm shaking ..."

I don't think I'm prepared for this goodbye."

RONALDO ON PLAYING IN HIS FINAL GAME FOR BRAZIL TODAY AGAINST ROMANIA.
THE 34-YEAR-OLD RETIRED IN FEBRUARY, SAYING HE COULDN'T STAY IN SHAPE. HIS 15 WORLD CUP GOALS MAKE HIM THE TOURNAMENT'S ALL-TIME SCORING LEADER.

Mavs need 'Jet' to take flight

As exciting as it is to watch Dirk Nowitzki make shot after shot in the NBA final, the Dallas Mavericks don't want to keep doing that.

The supporting cast that helped carry Nowitzki and the Mavericks to the final has suddenly shrivelled.

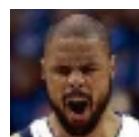
The Mavs trail 2-1 going into Game 4 tonight mainly because they aren't scoring enough. Their average of 88.3 points per game is down 11.4 from the previous three rounds.

Nowitzki's 28.3 points are almost exactly his post-season average. The drop-off is everywhere else, especially from their bench and usually automatic sixth-man Jason (Jet) Terry.

"Jet hasn't really been a crunch-time, clutch player for us the way we need him to," Nowitzki said yesterday. "We have to find a way to get Jet some freedom ... He's got to make some shots for us."

Confidence isn't the problem for Terry. He questioned whether LeBron James, who has defensively smothered Terry, "can defend me like that for seven games." He also said that if Dallas can score 100 points, "they can't beat us."

THE ASSOCIATED PRESS



"I still feel like we're going to be NBA champs this year ... It's going to be a tough road."

DALLAS CENTRE TYSON CHANDLER



Bruins left wing Brad Marchand scores against Vancouver's Roberto Luongo last night.

Bruins won't make it easy for Canucks

► After losing first two games in Stanley Cup final, Boston roars back with 8-1 win over Vancouver ► Bruins forward Horton taken to hospital

The Boston Bruins got their swagger back in time to save their season.

Tim Thomas defiantly defended his team after two close one-goal losses to open the Stanley Cup final and backed it up with 40 saves last night as the Bruins handed the Vancouver Canucks a humbling 8-1 loss in Game 3.

It was the most complete effort of the series for a Bruins team that was clearly energized by a return to the rocking TD Garden. A four-goal outburst in the second period was made possible



by the solid play of Thomas and helped Boston narrow the gap in the series to 2-1.

Game 4 goes tomorrow

night before the final shifts back to Vancouver for Game 5 on Friday.

The Bruins victory was even more impressive because it came without Nathan Horton, the team's second-leading playoff scorer, who was knocked out of the game at 5:07 of the first period by a devastating late hit from Canucks defenceman Aaron Rome. Horton laid motionless on the ice for several minutes before being carted off on a stretcher and taken to hospital.

Rome was given a five-

minute major for interference and could find himself facing a suspension after Mike Murphy reviews the play.

Mark Recchi scored twice, Michael Ryder had a goal and two assists while Andrew Ference, Brad Marchand, David Krejci, Dan Paille and Chris Kelly also scored for Boston.

Jannik Hansen replied for Vancouver. It was a tough night for Canucks starter Roberto Luongo, who was beaten four times on 14 shots in the middle period. THE CANADIAN PRESS

Power pitcher goes first in draft

The Pittsburgh Pirates selected hard-throwing UCLA righty Gerrit Cole with the No. 1 pick in the Major League Baseball draft last night.

Cole, a six-foot-four, 220-pound junior, posted mediocre numbers this season for the Bruins (6-8, 3.31 earned-run average), but has what many consider to be the best stuff in the

100 Gerrit Cole has a fastball that is consistently clocked at 95 mph and was up around 100 late in the season.

draft.

Cole was a first-round pick of the New York Yankees in 2008, but refused to listen to an offer and instead attended UCLA.

The Pirates, picking No. 1 for the fourth time in franchise history, hope Cole ends up being their ace.

"Gerrit Cole has the size, strength, overall package of stuff and mentality to develop into a top-of-the-rotation major-league starting pitcher," said Greg Smith, the Pirates' director of scouting.

THE ASSOCIATED PRESS

Sports in brief

USC has 2004 title revoked

FOOTBALL. The Bowl Championship Series stripped Southern California of its 2004 title yesterday, leaving that season without a BCS champion. The NCAA ruled tailback Reggie Bush received improper extra benefits in

the 2004 and 2005 seasons and was ineligible when he played.

THE ASSOCIATED PRESS

Back strain has Ramirez on DL

MLB. Florida Marlins all-star shortstop Hanley Ramirez was placed on the 15-day disabled list for the first time in his career because of a strained back yesterday.

THE ASSOCIATED PRESS

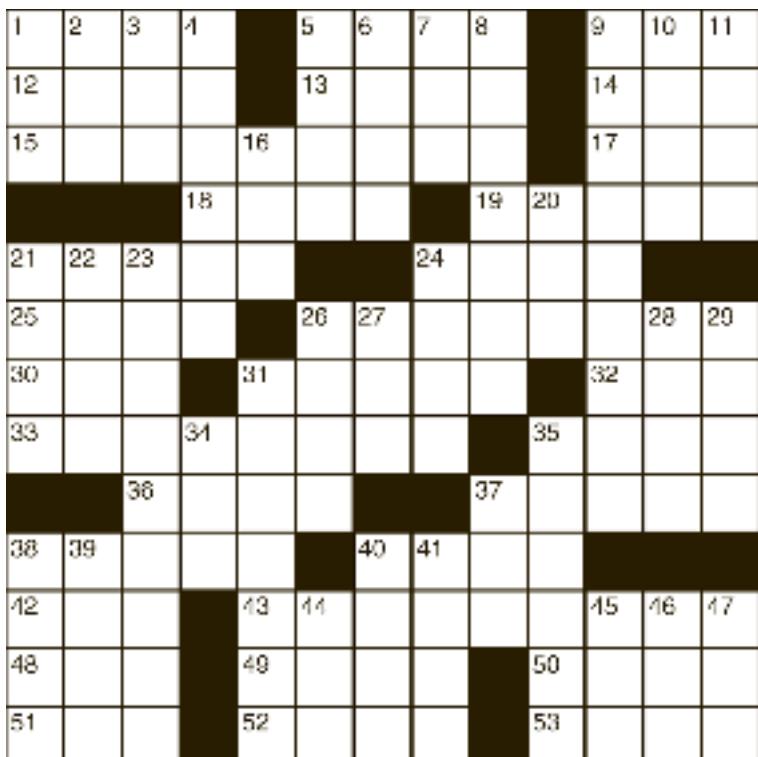


Scan code for more sports.

Crossword

Across

1 More than eager
5 Get well
9 Sch. org.
12 Nibble
13 Hamburg's river
14 Tennis shot
15 Whoopi Goldberg movie
17 Exist
18 "This weighs —!"
19 Poison
21 Upper story
24 Set fire to
25 April prank victim
26 Compassionate
30 Plagiarize
31 Blender setting
32 Alias letters
33 — bandit (slot machine)
35 On the rocks
36 Lambs' dams
37 Fidgeting
38 Cartons
40 Stitches
42 — Khan
43 Communicating (with)



48 14-Across' path
49 Campus VIP
50 Reverberate
51 Allow
52 Recedes
53 Bosc or Bartlett

Down

1 Tummy muscles
2 Evening hour on a sundial
3 — Impossible"
4 Military assignment
5 Medal earner

6 Verve
7 Easy as —
8 Salad basis, usually
9 Unvarnished truth
10 Ripped
11 Help on the sly
16 "Yada yada yada" (Abbr.)
20 Jackie's second spouse
21 Frizzy 'do
22 Animated figure
23 "Specifically,..."
24 Raised
26 Autumn flowers, for short



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

Aries March 21-April 20 Your confidence will soar over the next 24 hours. Lady Luck is on your side.

Taurus April 21-May 21 If what you receive today seems to be more than you deserve, you must not feel bad about it.

Gemini May 22-June 21 Avoid those who preach doom.

Some say the world is in a sorry state, the planets say otherwise.

Cancer June 22-July 22 You are about to be rewarded for your vision and your efforts — and your determination not to give up.

Leo July 23-Aug. 23 If you want to move up in the world, now is the time to do something about it.

Virgo Aug. 24-Sept. 22

Things you value today, won't be what you value tomorrow. Nothing is worth getting worked up about.

Libra Sept. 23-Oct. 23 Someone you think of as a rival will surprise you by saying something that makes you look and feel good.

Scorpio Oct. 24-Nov. 22

Today will convince you that what you have been working on is a waste of time. It will free you.

Sagittarius Nov. 23-Dec. 21 This is a good day for relationships of all kinds. Don't hold back.

Capricorn Dec. 22-Jan. 20

Make sure you know all the facts of a situation before taking action.

Aquarius Jan. 21-Feb. 18

Allow yourself to get caught up in the social whirl. You're allowed to have fun. It will ease the tension.

Pisces Feb. 19-March 20

Important people are watching you closely and there's not much doubt they will like what they see.

• SALLY BROMPTON

Sudoku

9	7		1	5			6
1		6					8
2	3					5	
3						8	
	8	1		6	3		
4						7	
5					3	7	
7			1		4		
4		2	6		9		

▶ Yesterday's answer



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	7	8	9	3	2	4	6	1
4	2	1	5	8	8	3	7	9
3	6	9	7	4	1	2	5	8
1	5	7	8	6	3	9	4	2
2	8	3	4	9	5	6	1	7
8	4	6	2	1	7	8	3	5
8	1	6	3	2	4	7	9	6
6	3	2	1	7	9	5	8	4
7	9	4	5	6	8	1	2	3

A look at the weather

TODAY Min 12° Max 16° **WEDNESDAY** Min 8° Max 14° **THURSDAY** Min 9° Max 19°



Jenna Khan,
Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." WEEKDAYS 6AM

Caption contest



"OK,
I am NOT
liking this version
of ring toss!"
LOUIS



WIN!
You
write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Send a **KISS**

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To my baby, If I never met you, I wouldn't like you. If I didn't like you, I wouldn't love you. If I didn't love you, I wouldn't miss you. But I did, I do, and I will forever. I Love you and you know who u are! DAISY

Boobie-boob, We finally found out what we're having. I love you so much. I know our little boy will grow up to be all the man you are :) now we just have to figure out names! Loooveeee youuuuu **NIPS123**

Pookie, Even though we have been separated for months by this Atlantic Ocean, my love for you only grows stronger. I cannot imagine my life without hearing your voice every day! I love you, and am so excited for you to come back so we can start living our lives together. Love you always! **TEUFULCHEN**

THE CHEQUE ISN'T IN THE MAIL.



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**No purchase necessary. Contest runs from 05/31/2011 - 07/11/2011. See complete rules and regulations at facebook.com/Interac
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